

VOICE OF THE RESIDENTS

VOL. XX, No. 10

BROADMEAD, COCKEYSVILLE, MD

JUNE, 1999

LAST SPRING OF THE CENTURY

By Sarah L. Cooper

May is special, no matter if some rain or chill comes with it. This end-of-the-century May has been especially special. It had more winsome red bud and handsome dogwood, more thickly blooming fruit trees on our campus, more violets of varying colors everywhere, more Jack-in-the-pulpits in the woods than ever before. One hundred and twenty-seven Residents, Staff, and their friends, even two dogs welcomed Trail Day in ideal conditions. We are now ready for June and its "then if ever" perfect days.

My informant tells me the yellow lady's slippers, our Broadmead particular, have survived on the Ridge and at the Focal Point. I have taken several guests up the Rock Path, or more accurately, indicated the way for them to take. Nature Trail Committee members point with pride to this trail, the realization of several members' concept of enhancing trail options for hiking. We are grateful to men from Maintenance who put in hours of work digging post holes, building steps up to the rock, and setting up fences. Our resident geologist has attached a jeweler's loupe near the rock that inspired the creation of the path so that walkers can examine the specks of garnet embedded in it. The trail is short and steep--worth the climb.

Already, early spring signs of blossom and renewal have passed yielding to later, full blown, weedier summer portents. We see trees on the Ridge, their leaves no longer separate, delicate, dancing items, thickly massed and more deeply green. In our gardens, lilacs and azaleas have passed their prime. Dandelions in the grass have mostly gone to seed, buttercups and clover are thriving, prunella and gill-over-the-ground run rife in spite of weed killers. Obviously, the sweep of perfect lawns will not be ours. We depend on mowers to keep them in check; at the same time, here's a cheer for weeds that bring color and interest to the grass.

Broadmead Residents Association Annual Meeting

Monday, June 7, 1999
7:15 p.m. in the Auditorium

Speakers:

*

PAMELA YOUNG
Chair, Broadmead, Inc.

*

RICHARD COMPTON
Executive Director

Spring Barn Sale Achievements

Appliances	\$2,088.
Baked Goods	453.
Books	78.
China/Glassware	980.
Flea Market	305.
Flowers	289.
Furniture	4,960.
Gifts	545.
Jewelry	1,587.
Kitchen Wares	634.
Ladies' Clothing	3,790.
Men's Clothing	458.
Linens	1,132.
Shoes/Handbags	695.
This 'n That	681.
	\$18,675.

Broadmead Welcomes . . .

by Betsy Griffin

John and Betsy (Englar) Geare

P-2 410-527-0216 October 1998

The Geares come to Broadmead from Gibson Island and from Marco Island, Florida. John is a Cumberland, Maryland native, and attended St. James School and Trinity College. He was employed as a sales representative by Bethlehem Steel and retired as President of Mariner Steel of New York. He has a son in Cumberland and a daughter in Florida.

Betsy is a Baltimorean who attended Bryn Mawr School and Smith College. She served in the WAVES during World War II and then moved to Montana with her late husband. She has three children and two grandchildren. She has served as volunteer Business Manager of the Gibson Island School.

John is a golfer and gardener; Betsy enjoys tennis, golf, cooking, and sewing. While having moved to Broadmead last fall, the Geares only recently returned from their winter home on Marco Island.

<O>

Margaret Cooke

E-8 410-584-9078 April, 1999

Margaret is a native Baltimorean who attended the Roland Park School and Notre Dame Preparatory School. She attended a business school before beginning a career in secretarial work in the Home Instruction Department of Calvert School for about ten years. From there she spent another ten years as the secretary for the husband of another Broadmead Resident at Van Sant, Dugdale advertising agency. For approximately another ten years, she served as an administrative assistant to Dr. Henry Rowell, a professor in the classics department at The Johns Hopkins University. One of her great interests is art history which was developed during the next ten years she spent working at the Walters Art Gallery and which has remained a favorite avocation. After her retirement, she entered the volunteer world at the Walters and the Goucher library and she is currently working in the textile department at the Baltimore Museum of Art. She is a world traveler and continues that interest also.

In Memoriam

WALTER H. SMITH

August 29, 1905 – April 30, 1999

* * *

Moving about in the community

by Patricia A. I. R. Rodak

George Hauth	from S-305 to T-312
Mary Ellicott	from C-16 to H-230
Jeannette Vroom	from S-301 to H-251

* * *

NOVEL THEOLOGY

*to sponsor a special program
on Monday, June 7, at 11 a.m.*

A Recitation and Discussion of Poems by Robert Frost

Presented by The Rev. Dr. Carl Edwards

A program you will not want to miss!
--Elsa Lundgren

* * *

VESPERS through the summer . . .

by Elsa Lundgren

Sundays in the Lounge

Sunday, June 20th—4:30 p.m.
DEACON EDWARD SULLIVAN
St. Joseph Roman Catholic Church

Sunday, July 18th—4:30 p.m.
THE REVEREND BEVERLY BRAINE
Lower School Chaplain, St. Paul's School

Sunday, August 15th—4:30 p.m.
THE REVEREND KATHRYN WAJDA
Epiphany Episcopal Church

Sunday, September 19th—4:30 p.m.
THE REV. DR. RAYMOND MORELAND
Executive Director, Maryland Bible Society

Everyone Welcome



Photo: J. Marsh

SATURDAY PROGRAM OFFERINGS

by Charles Hobelmann

Saturday, June 19 at 7:15 p.m.

BOB GILL

The Story Teller

Four Stories from the Heart



SATURDAY NIGHT AT THE MOVIES

by Frank Hijikata

June 12 – THE BICYCLE THIEF

1947 90 mins. **** [Italian; English subtitles]

Simple and realistic tale of a workingman whose job depends on his bicycle, and the shattering week he spends with his young son after the bicycle is stolen. Regarded as one of the all-time classics.

June 26 – DEATH AND THE MAIDEN

1994 103 mins. *** [R]

Literate and provocative thriller in which the wife (Sigourney Weaver) of a lawyer in a South American country which has just been liberated from dictatorship, accuses a seemingly kind doctor (Ben Kingsley) who has come to her husband's assistance years later, of having been tortured and sexually abused by him when she was a political prisoner.

Proclamation

To: Broadmead Keep

**From: Thomas Crawford, M.D.
Shaman-in-Chief, Retired**

READ YE, READ YE: May this epistle convey to all the retainers and occupants of the House of Broadmead, my appreciation for their thoughtful and generous outpouring of kind words, books, Braunschweiger, certificates, cards, clocks, and mementos on the occasion of my departure.

COLLECTIVELY and INDIVIDUALLY, I recall and cherish them every one. Accolades, both exaggerated and earned, will be recalled as if true.

UPON REMOVING cartons of personal tomes, I wrenched my back, thereby grievously insulting the nerves that exit the lumbar 2-3 interspaces. Except for the inconvenience, frustration, and pain, this injury has been otherwise most accommodating. The pain occurs only on standing and walking and immediately ceases when sitting or reclining. What a convenient circumstance to foster retirement.

AN OLD ARABIC PROVERB admonishes that favors quickly acknowledged are a form of ingratitude. To acknowledge the gift of a Peregrine falcon in less than two years would be an insult to the giver. Were I to apply the same principle in responding to your kindness, I should wait at least a decade.

ALTHOUGH my cache of short-term memory is still being re-filed to my long term memory bank, I am not certain that my cognitive clock should be so tested.

THEREFORE, while these recent events still evoke fond memories, please the senses, and stimulate the mind, I thank you one and all

SO PROCLAIMED in the year of pre-Y2K.

In case you missed it ...

Reviewed by Robert M. Sparks

THE FUTURE OF NATO

A TALK BY KENNETH O. WALKER

On Monday, May 3, the Open Forum welcomed the return of an old friend, Kenneth Walker, an active member of the Discussion Group (Open Forum now) from the beginning of Broadmead and a significant player in Broadmead's development including service as the first President of the Residents Association. His forty year career on the Goucher faculty included the Chairmanship of the History Department. He presented an analysis of NATO, an important institution for Europe and the U.S.

Institutions are products of many forces and events shaping their destiny. Among those shaping NATO was the demise of the Soviet Empire. At that juncture many counseled that its mission had been achieved and it should be disbanded. Others argued for expansion. The latter prevailed. That decision brought several problems: Which nations would be allowed in? How to incorporate new armies? How to construct an adequate budget? What would be their attitude toward Russia and the United Nations?

Concerning the U.N., our speaker noted that U.S. policy deliberately bypassed that organization and encouraged unification through the Council of Europe which has made substantial progress, as witness the creation of a unified currency. This also involved problems because many Europeans looked upon the Council as a satellite of the U.S. and the mission of the new NATO was to maintain the stability and security of Europe.

Our speaker highlighted the power of the press as a prominent force strengthening NATO particularly in exposing the cruelty and violence of ethnic cleansing. The NATO role in response to Serbia's treatment of civilians was in accord with its mission and our speaker anticipated the use of ground troops with eventual success which will bring a multitude of questions. For example: who will pay for the reconstruction? The solution of this problem is rendered more difficult by the media's concentration on death and destruction rather than a fair analysis of the dilemmas facing NATO. Our speaker concluded

MOVIES ON TUESDAYS AT SEVEN

by Thelma Becherer and Barbara Hudson

6/1 The Gods Must Be Crazy

Delightful comedy about an African bushman whose chance encounter with a falling Coke bottle leads to unusual clashes with the outside world.

6/8 The African Queen

Bogart and Hepburn in two of their best roles as a river-boat captain and a stiff missionary thrown together in a trip down a dangerous river in Africa during World War II.

6/11 Shawshank Redemption

A banker, wrongfully convicted for murder, is sent to a state prison where he encounters fellow inmate Morgan Freeman. Terrific performances and a great script make superior drama.

6/22 The Little Shop Around the Corner

The story of two shop clerks who unwittingly write love letters to each other. Sparkling dialogue, superb performances, and an old-world flavor make this a classic.

6/29 Brassed Off

A comedy concerning a British mining town whose sole source of employment is about to be shut down—hence threatening its award-winning band. Amiable and well-acted.

his talk by observing that NATO is likely to be a permanent institution which is worthy of our support despite its fallibility.

During the question period, a member of the Forum noted that if NATO does not meet the challenge of reconstruction it will be the end of NATO. Our speaker agreed but also predicted that it would lead to even greater involvement of the U.S. in European affairs.

Another questioner reminded the audience that NATO is in Kosovo because the U.N. Security Council veto power prevented it from acting. This led to an extended discussion of the failure of the U.S. to exercise leadership in the U.N. and the observation that the U.S. has been concentrating on Europe to the neglect of an adequate role in the rest of the world.

COOKBOOK COMMITTEE

Petsey Spragins and Karen James, co-chairs of the Cookbook Committee, wish to thank everybody for their contribution of more than two hundred recipes.

They expect to have *Soups and Soupcons* available in September and believe you will find the book useful and entertaining.

Other members of the Committee are Harriet Duncan, John De Hoff, Margaret DuVivier, Marion Staley, Florence Horney, and Peggy Porter.

Shuffleboard

It's Shuffleboard Time again! During the year 1994, discussions in the Health Committee were held concerning motivating Residents to adopt a more healthful lifestyle. We determined that encouraging our Residents to keep physically active would be one way to do this.

Shuffleboard was suggested as a game many of our Residents could participate in. Supplies were ordered and three shuffleboard courts were painted by our fellow Residents, the Hobelmanns, and a large waterproof cupboard was built by our men in the woodshop, and placed near the courts.

On Labor Day, the first official tournament was held among 24 Residents. Victors were awarded ceramic Olympic medals, with appropriate fanfare. Each succeeding year has seen more participants joining in.

Spring is the time to get outdoors and start moving. A signup sheet will be posted on the Bulletin Board for you to join in our Sixth Annual Shuffleboard Tournament. Come one, come all! There is no need for any particular expertise; few of us have had any practice for the last 50 years, so you can see we can all qualify as "experts." Come and join the fun right here on our campus. The Tournament will begin Tuesday, June 15 (rain date the 16th) and may well last all summer. Find a partner and sign up now. Because it takes a little time to draw up the program, all names should be in by June 11. --Peggy Brian

Bonna Nelson writes

BROADMEAD VOLUNTEERS, LIKE SUNSHINE, MAKE EVERY DAY BRIGHTER

A visit from Cub Scouts, a trip to Sherwood Gardens, and a Holly house party helped make April and May brighter. Healthcare volunteer events are fun and more Volunteers are always needed. After reading about these events, you will want to join us!

Six adorable Cub Scouts and two leaders from St. James Academy, Monkton, brought pots, soil, and flower seeds. Stony Run Residents and Taylor guests enjoyed planting marigolds and zinnias while engaging in intergenerational conversation with the boys. After refreshments and decorating the pots with ribbons, the Scouts escorted the Residents to their apartments, putting the pots on in the warmth of the sun.

At Sherwood Gardens, masses of tulips, azaleas, and dogwoods were in full bloom "just for us." With capable Jean Mercer at the wheel, we cruised down Charles Street to the magnificent display Homes along Charles street are beautifully landscaped and several Residents pointed out their former homes.

Cheerful Volunteer Escorts brightened the day, pointing out sights. Staff made sure all were comfortable and passed out refreshments. Many remarked that the trip was both enjoyable and informative; we couldn't decide which was more beautiful or brighter—the gardens or the smiles on the faces of Residents enjoying a spring outing.

Volunteering can be good for the soul and for the stomach! To celebrate national Volunteer Week, a wonderful reception was held on May 7 at Holly House. More than 100 Residents and Staff enjoyed festivities planned by the Volunteer Office. One highlight was chocolate-coated strawberries lovingly prepared by Broadmead's Food Service Department. Photos of Healthcare Volunteers were on display. Departing guests received wrapped candy on which was printed

"Volunteers Are Worth A Mint!"

Call Bonna Nelson at 410-527-1900, extension 3299 and become a Healthcare Volunteer.

Kosovo: The Case for War

By Ralph White

An able but one-sided case against fighting in this war was presented recently to Broadmeaders by Admiral Carroll and reported in the *Voice of the Residents*.

It must be admitted immediately that there is one strong argument against fighting. It is embodied in the word "war" itself. War is necessarily cruel. Thousands of innocent people are killed or maimed. Violence begets violence. This particular war is also likely to become longer, bloodier, and more costly than most Americans expect. The Serbs are among the world's toughest fighters. If ground troops are used, they will be fighting a militarily defensive war on mountainous terrain that is well suited for defensive fighting. Like the North Vietnamese, they will be fighting with the conviction (a largely mistaken conviction but a real one) that we are the aggressors, and they must defend their homeland.

On the other hand, there are two similarly strong arguments in favor of fighting and winning. One of them is obvious; it is the humanitarian feeling that those hundreds of thousands of pitiful, helpless refugees must, if possible, be given the right to return to their old homes in safety and freedom, preferably with help in rebuilding their homes.

The other is less obvious but to me is the strongest of the three arguments. It can be called the long-term peace argument. It rests on the belief that the most fundamental cause of war is international anarchy, and that enforceable world law is therefore the most realistic, effective way to get peace. NATO, not the UN, is now the organization closest to being able to enforce what is not yet world law but is the world's conscience. We need to reverse any large-scale instances of forcible ethnic "cleansing" and also deter or punish outright genocide in the future everywhere. As William Pfaff has said, if NATO does not rise to this challenge, it may well be the end of NATO and of any similar police action for decades to come. There is a clear historical parallel for this. During the period from 1931 to 1941, the League of Nations and the United States failed to act together against clear acts of aggression by Japan, Mussolini's Italy, and Nazi Germany. This led to the death of the League of Nations and to World War II.

Such collective fighting is needed now.

Keep your heart free from hate,
your mind from worry. Live simply,
expect little, do much. Fill your
life with love; scatter sunshine,
forget self, think of others and do
as you would be done by. After a
week you'll have found your way to
happiness.

--John S. Swift

Join us for a discussion on DIVERSITY AND INCLUSION AT BROADMEAD

Speaker: Laura Hickman, Consultant

Date: Friday, June 25

Time: 10:30 a.m.

Place: Auditorium

THE AD HOC TASK FORCE
ON COMMUNITY DIVERSITY
... Karen James



LET'S DANCE!
Big Bands of Yesteryear
Join us on June 14!

--Eddie Slaughter

* * *

CONSERVATION

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Baltimore County, where we reside,
has proved that RECYCLING makes
sense both environmentally and eco-
nomicallly. Its FY 98 recycling pro-
gram had a net saving of at least
\$3,000,000 - \$1,500,000 from sales and
the cost of \$1,500,000 if the recycla-
bles had to be landfilled or inciner-
ated. Remember the three "R's": REDUCE
the amount of waste you create, REUSE
by finding a new use or donate the
item to someone who can, then RECYCLE

Conservation Committee

Ed Metcalf

—John B. De Hoff, M.D.
 Health Care Education Subcommittee



HOT WEATHER CAN DO YOU IN!

"A fire with water we defeat, with parasols the midday heat...", said a Sanskrit poet.

Good advice from another age for the four months of hot summer weather, a threat anywhere — be it at Broadmead or a vacation spot.

Heat stroke requires immediate care and transport to a hospital for medical attention. This is by far the most dangerous of heat injuries. Symptoms include absence of sweating and unusually dry skin, severe central nervous disturbances, nausea and vomiting.

Heat stroke affects 12 to 13 times more older persons than it does younger folk. Extra risk factors include heart disease, high blood pressure, obesity, diabetes, and pulmonary ailments; also the medications used to treat these conditions or allergies, anxiety, or chronic pain.

Heat exhaustion results from failure to drink sufficient liquids to replace fluids lost in heavy perspiration, long or vigorous exercise on hot days, either indoors or outdoors. Symptoms include nausea, rapid heart action, severe fatigue with clammy skin, or muscle cramps. Take heat exhaustion seriously and report it to a health care professional promptly because this may be a warning of impending heat stroke.

Usually treatment is simple: Loosen clothing, lie down in air conditioning, and frequently drink cool but not iced beverages, very lightly salted.

Sunburn is prevented by avoiding the sun's strong rays. Widely available protective creams or lotions should be used freely before sun exposure. Counter any pain or discomfort by a cooling bath or shower, or use aspirin or acetaminophen for relief. Do not break blisters, but let them open on their own. Wash gently any burst blisters with soap and water, remove loose skin fragments, and cover with a sterile gauze bandage.

To prevent heat injuries, avoid undue or prolonged exposure to heat. Wear loose, light-weight clothing. Seek air-conditioning during midday heat or heat spells. Use sun glasses and a shading hat when out of doors. Increase your intake of water and dilute fruit juices, but reduce any usual alcohol intake. Eat more fruits or salads and less meat-and-potatoes.

"A person should eat in the summer months two thirds of what he eats in the winter months," good advice from Maimonides (1135-1204).

SKIN REACTIONS TO SUNLIGHT

Invisible ultraviolet (UV) rays in sunlight cause sunburn and may increase the risk for some skin cancers. The National Weather Service sends its daily Ultraviolet Index (UVI) to major television stations and newspapers during summer months. This index rates the sun's UV intensity on a scale of 0 to 10+, or from minimal to very high, thus aiding in the choice of appropriate sun protection.

Avoid sunlight's harm by carefully restricting your initial exposure to less than 30 minutes of bright midday sun. Wear long sleeve shirts and wide-brimmed hats when much exposure is expected or cannot be avoided. The sun's rays are also less hazardous before 10 AM and after 4 PM.

Creams, lotions, gels, or alcoholic solutions containing PABA (para-aminobenzoic acid) effectively protect skin against the sun's rays. Apply PABA 30 to 60 minutes before exposure to sunlight; it needs at least thirty minutes to bind strongly to the skin.

If allergic to PABA, use an opaque sunscreen containing zinc oxide or titanium dioxide or one with benzophenone, for effective sun protection.

Before purchasing a sunscreen, read package labels for contents and SPF, or sun protection factor. The Food and Drug Administration rates SPF 15 as the most protective, SPF 1 the least.

Sunburn can be severe. Sunburn on the lower legs can be painful and heals slowly. Seek medical attention if blistering is extensive, or whenever fever, chills, or even shock is present.

Give serious attention to long term, chronic effects of excessive sun exposure. Regular or excessive sunlight exposure ages the skin, altering pigments and causing a typical wrinkling and yellow discoloration, especially in women. Years of overexposure result in actinic keratoses or other precancerous lesions. Blondes and redheads are particularly susceptible, African-Americans are rarely affected.

Skin cancer on exposed or unexposed skin is the most common form of cancer in the US. Cure results when diagnosis and therapy promptly follow early detection. Rates of carcinomas of the skin in fair, white-skinned persons are directly related to the amount of yearly sunlight in the area. Malignant melanomas may increase in incidence with greater sun exposure, however.

Wellness Day Provides Good Food, Fresh Air



Photos: J. Guyton

Cheery Jean Roberts and Meg Poe Refreshen the Scene

Participants Claim Tee Shirts at Well-stocked Table

VOICE of the RESIDENTS

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Published September through June,
Broadmead Residents Association,
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Harry S. Scott, Jr., *Editor*

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